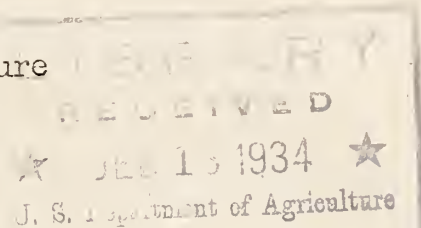


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Reserve

HOW TO USE DRIED SKIM MILK

Dried skim milk contains all the milk solids except the fat and is a good source of milk protein, calcium, phosphorus, and vitamin G. By combining dried skim milk and butter in the proportions of 3-1/2 ounces dried skim milk and 1-1/2 ounces butter, the equivalent in food value of a quart of whole milk is obtained.

Dried skim milk must be stored carefully. If exposed to the air, it absorbs moisture, becomes lumpy, and the flavor changes. Dried skim milk should be kept in a tightly covered can or a self-sealing jar in a cool place.

Directions for Mixing and Using

Dried skim milk can be made into fluid milk simply by mixing with water. Use 1/4 cup of the milk powder for each cup of water, or 1 cup of the powder for each quart of water. To increase the food value, increase the proportion of dried skim milk to water. Measure the water into a bowl, sprinkle the powder over the surface, and beat until the powder dissolves. Use either cold or warm water. Do not use boiling water. It is likely to make the powder lump.

Dried skim milk mixed with water in this way can be used exactly as fresh milk, either to drink or in soup, chowder, white sauce, gravy, or any recipe calling for milk,

Dried skim milk can also be used in powder form in making bread or other flour mixtures. Sift the milk powder with the other dry ingredients and add butter if you can, to get the food value of whole milk. Then add either milk or water for the liquid called for in the recipe.

Mashed potatoes can be improved in food value and flavor by adding 1 to 2 tablespoons of dried skim milk to each cup of potatoes when mashing.

Porridge or cooked cereal.- Use $1/4$ cup of dried skim milk to 1 cup of dry cereal, and mix thoroughly.

With Corn meal or other finely ground cereals, stir this mixture a little at a time into 1 cup of warm water. When it is smooth, stir in 3 cups of boiling water, and continue to cook until the cereal is done.

The coarser cereals, such as oatmeal, rolled oats, and cracked wheat are not so likely to lump. So after mixing with the dried skim milk, they can be added to the boiling water in the ordinary way, using 3 cups of water to each cup of cereal.

Bread, biscuits, etc.- For either white or whole-wheat yeast bread, sift 2 tablespoons of dried skim milk with each cup of flour called for in the recipe. Add the other ingredients, and mix and bake in the usual way.

For biscuits, muffins, griddle cakes, cornbread, and cookies, sift 3 to 4 tablespoons of dried skim milk with each cup of flour or meal called for. Use water for the liquid, add the other ingredients, and mix and bake as usual.

The following is a typical recipe for biscuits: Sift together 2 cups flour, 6 tablespoons dried skim milk, $3/4$ teaspoon salt, and 3 teaspoons baking powder. Or add 6 tablespoons dried skim milk to 2 cups self-rising flour. Rub in 3 tablespoons fat, and add enough water to make a soft dough. Pat or roll out, cut into biscuits, and bake about 15 minutes in a moderately hot oven.

Cocoa.- Mix 5 tablespoons cocoa, 5 tablespoons sugar, a little salt, and 5 cups water, boil for 10 minutes, and cool. Add $1-1/2$ cups dried skim milk slowly, beating constantly until smooth. Re-heat and serve.

Milk Toast.- Add 1 cup of dried skim milk to 1 cup of water, beat until smooth, heat to boiling, and pour over hot buttered toast. Or cut the toast in quarter slices, add to the boiling milk, and cook carefully until each piece soaks up the milk.

Bean or pea soup.- Soak 2 cups dried beans or peas overnight in 2 quarts of cold water. In the morning add 1 onion, sliced. Cover, cook slowly for $1-1/2$ hours, or until the beans or peas are soft, then mash. Mix thoroughly 2 tablespoons of flour with $1/2$ cup of dried skim milk, and slowly stir in 2 cups of cold water. Stir into the hot beans with 2 tablespoons of fat and salt and pepper to taste. Cook the soup for a few minutes longer.

Oatmeal chowder.- Fry $1/2$ pound diced salt pork until crisp, add $1/2$ cup chopped onion, and cook until well browned. To this add 2 quarts of water and stir in slowly 2 cups of quick-cooking rolled oats, which have been combined with $1-1/2$ cups of dried skim milk. Cook for about 15 minutes. If desired, add 2 cups of shredded carrots toward the last.

Potato and fish chowder.- Fry $1/4$ pound salt pork until crisp, add a sliced onion, and cook until brown. Then add 1 quart diced potatoes, and 1 pint boiling water, and cook until the potatoes are tender. Add a tall can of salmon. Mix $1/2$ cup of dried skim milk into 2 cups of water and add to the chowder. Season with salt and pepper to taste.

Or in place of the canned salmon, use a No. 2 can of corn.

Or omit both salmon and corn and increase the potatoes to $1-1/2$ quarts cooked in 3 cups of water.

Creamy rice pudding.- Mix 1 cup dried skim milk in 1 quart of cold water. Add to this 3 tablespoons of well-washed rice, $1/3$ cup sugar, $1/2$ teaspoon salt, and $1/2$ teaspoon nutmeg or cinnamon. Pour the mixture into a baking dish and bake 3 to $3 1/2$ hours in a slow oven, stirring occasionally.

Or use 6 tablespoons of rice and the same quantities of the other ingredients and cook in a double boiler. Add raisins if desired.